

## Examining the relationship between public health and social security among the students in Azad University of Rafsanjan

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### Abstract

Considering the significant role of public health and its components, including integrity, acceptance, participation, prosperity and solidarity in explaining the sense of insecurity in the society, the present study aims to investigate the relationship between public health and social sense of security among residents of Rafsanjan. The study was conducted through a survey, in which 150 persons of male and female students in Islamic Azad University of Rafsanjan were selected using a stratified random sampling and were studied by using a questionnaire. Reliability of the instrument was established and the high Cronbach's alpha coefficients for variables indicate that the reliability of the questionnaire was desirable. The findings of the study demonstrated a significant positive relationship between social health and its five dimensions integration, acceptance, participation, prosperity and social solidarity with a sense of security. Coordinating the finding of this study with other studies reveals the importance of domains to create and strengthen society's social health.

**Keywords:** social health, social security, integration, acceptance, participation, prosperity, solidarity

### Introduction

The Twentieth century has undergone changes in lifestyles and social and economic issues. Industrialization, urbanization and mechanization have an adverse effect on human health and other aspects in the field of health have identified that one of them is social health of the society. Social Health means mental, social and individual health of society members that in case of its realization people would be motivated and happy and ultimately, society would be healthy and vital. For this reason, it is important and is a core principle.

Prevention of insecurity social is impossible without understanding the social health status of the population, because it helps us to investigate the circumstances in applying appropriate methods in order to eliminate disruptive factors in social security and the use of tools needed. In fact, a healthy lifestyle can be achieved by social interaction between individual choices, social and economic environment surrounding people. Goldsmith defines social health as evaluate the positive and negative significant behaviors of a person in relation to others and it introduces as one of the most basic indicators of the health of any society that leads to the performance of the individual in society (Larson, 1993).

Given that the promotion of health, particularly public health, more than ever, focused on prevention, it can be expected that strengthening the social dimension of health, along with other dimensions can provide the necessary conditions to increase society happiness, unity and social cohesion, life satisfaction, accountability, participation, increase efficiency, reduce the social harm and crimes and pay attention to social dimensions of health will help people socially, form a healthy society. Undoubtedly, the strengthening and development of social health indicators in every society would reduce the burden of mental and physical diseases and structures and social resources,

opportunities and abilities of individuals to face with social life challenges would be affected (Rastegar, 2014).

Since public health is regarded as a factor affecting the social development, it is advisable to examine this variable to change the level of social productivity. Because public health is achieved by communicating with others in the society and any disconnection between the individual and society, so that a person can't be absorbed in the social framework and it provides a favorable ground for the growth of social deviations and the emergence of health problems. In other words, we can say that any distance between the individual and society that lead to the disintegration of the social framework, could increase social deviations (Durkheim, 1901, as cited in Sadiq Sarvestani, 2007: 238). The aim of this study was to investigate the relationship between public health and social security feeling in the city of Rafsanjan.

### **Theoretical Foundations**

There are several definitions for health, but the most common of which is defined by the World Health Organization and it is as follows: "Health is the state of complete physical, mental and social well-being, not just the absence of disease or disability" (Babapour et al., 2003). One of the aspects of health is social health and it is the ability to perform effectively and efficiently social roles without harm to others. In fact, social health is the assessment and working conditions of a person in the society. Some social challenges constitute different dimensions of social health including social integration, social acceptance, social participation, social prosperity and social cohesion (Raymond et al., 2004).

The researchers believe that health has physical, mental, emotional, intellectual, spiritual and social aspects; these concepts also benefit from commonalities, have different aspects and also influenced by several factors (Wissing and Fouri, 2000). Keyes believed that researchers have not been able to achieve a comprehensive understanding from the mental health (Keyes, 2006). According to Keyes, Health shows a person's perception and evaluation from his life based on cognitive and social functioning and emotional state. It is obvious that this view by expanding the definition of health encompass to some extent all three health concerns which are emotional aspect (emotional health) and functional aspects (social and psychological health) (Babapour et al).

Most studies have focused on mental health and emotional health and social health has received little attention. It is believed that public health should not be defined by just the absence of mental illness or even the absence of negative affect (Hendry et al., 2006). Social health is the ability to perform effectively and efficiently social roles without harm to others and have several aspects including social integration, social acceptance, social participation, social prosperity and social cohesion (Raymond et al., 2004). Social prosperity means knowing and believing that society is growing in a positive way and think that society has the potential to grow positively. Social prosperity means believing that the society could determine its fate and control its evolution path with the help of its potential. Social cohesion is comparable with meaninglessness of life and includes individual assessment of society which are understandable, predictable and tangible. Social cohesion also means feeling part of society and thinking that the person belongs to the society. Social acceptance also means having a positive attitude towards people, generally acknowledge others and accept their behaviors despite some of confusing and complicated behaviors. In his acceptance, the person has a positive attitude and feel good about himself and his past life and he embraces all aspects of his life in spite of weaknesses and disabilities. Social participation is a belief by which the person feels that he is a vital part of his society and thinks they have something valuable to offer to the world. These people are trying to contribute to the world and their votes are valuable solely because of human values (Sam Ara, 2009).

Social security is also an issue that has attracted scientific and research attention in recent years due to the significant role of social security and, more importantly, social security feeling to strengthen or threaten the development of a society. Feeling of insecurity is amongst the most important concerns of contemporary societies, particularly in developed countries, this means that the spread of this phenomenon associated with the development of society and it is the future of most societies (Hussaini, 2007).

On the other hand, social insecurity has a negative impact on social health. Insecurity can live beyond its victims, influence on those who have experienced indirectly any kind of crime. Insecurity can create an atmosphere of chaos in which the citizens are unable to impose informal control over their communities, and so the fear is leading to an increase in crime. Fear of crime harms more than the crime itself, leading to a drop in morale in the society (Sadiq Sarvestani, 2006: 20). Over time, fear and insecurity have negative impacts on quality of life and leads to unnecessary care and protect. It keeps people away from social activities and increase the amount of distrust in society. Thus, the social security feeling included social factors affecting social health. Therefore, we can say that there is a reciprocal relationship between public health and social security in society.

Giddens believes that social life requires a pattern and criteria during which the human relationships patterns can be formed. On this basis, Giddens defines the existential security (feeling of security) as such: when a person knows how to continue his work without interruption and distraction. At this time, he feel a kind of mental and psychological state which is the existential security (feeling of security) (Stones, 2000: 432).

Sense of security is a psychosocial-social process that simply cannot be imposed on people, but most people have a fundamental role in its creation and destruction based on their needs, interests, desires, personality and mental abilities (Bayat, 2009: 32). In general, social security refers to the realm of individual privacy that somehow in touch with other people and relates to the political system and government. These items can be language, race, ethnicity, credit, social role, job, income, welfare, political participation, freedom, belief and so on.

### **Research background**

Sam Aram (2009) examined the relationship between public health and social security with an emphasis on Community-Oriented Policing approach. The findings show that there is a direct relationship between increasing social insecurity and reduction in social health. The most important factors in achieving Community Oriented Policing is social empowerment and contributing to resolve the problems of increasing crime and disorder in society. Thus, enabling the realization of the objectives of the police in a society driven by social health of people with high social trust is higher because of the ease and increased social participation. Some studies have shown that there is a positive relationship between health and increasing education, but there may be some degree of opposite effect; therefore there is no linear relationship between these variables (Keyes, 1998).

Cicognani et al (2008) examined the relationship between social participation and social perception among Italian, American and Iranian students and the impact of these variables on social health. The results of their research showed that social participation, social perception and social health among American students is at high level and social participation only among Italian students positively predict social health. In a paper entitled "social order with an approach to public health and mental health", Blanco and Diaz (2007) tried to examine the connection between social health as an indicator of social order with other aspects such as the level of depression, self-esteem, health, deprivation, anomie and social interactions, positive and negative emotions and satisfaction.

### Research Hypothesis

- There is a significant positive relationship between social integration and social security feeling.
- There is a significant positive relationship between social acceptance and social security feeling.
- There is a significant positive relationship between social participation and social security feeling.
- There is a significant positive relationship between social prosperity and social security feeling.
- There is a significant positive relationship between social cohesion and social security feeling.

### Methodology

The aim of this study was to examine the relationship between social health and social security feeling among the students of Islamic Azad University of Rafsanjan and the correlational research method was used according to the themes and objectives. The data collection tool in this study was a questionnaire based on the research literature and opinions of professors and experts been used to determine its validity. And, to evaluate the reliability of the questionnaire, 30 questionnaires were distributed among the statistical population and Cronbach's alpha is measured using the SPSS software. The questionnaire included 45 questions and 20 questions related to the independent variable (social health) and 25 questions related to dependent variable (social security). Cronbach's alpha test results showed that the questionnaire is reliable. The alpha value for social integration was equal to 0.93, for social acceptance was equal to 0.89, for social participation was equal to 0.91, social prosperity was equal to 0.88 and and for social cohesion was equal to 0.81. The study consisted of all students in Rafsanjan Islamic Azad University who were selected using stratified random sampling method. Based on Cochran formula, the sample size was obtained 150 individuals. Members of the sample were assessed using a questionnaire and data were analyzed using SPSS software.

### Research hypothesis testing

*The first hypothesis:* there is a significant positive relationship between social integration and social security feeling.

H1: social integration affects the societal security feeling.

H0: social integration does not affect the societal security feeling.

**Table 1: Pearson correlation test to examine the relationship between social integration and the societal security feeling**

Pearson correlation		Social Integration	Social Security Feeling
Social Integration	Pearson correlation	1	.797**
	Significance level		.000
	Number	150	150
Social Security Feeling	Pearson correlation	.797**	1
	Significance level	.000	
	number	150	150

Pearson test was used to examine the relationship between social integration and the societal security feeling. Since the significant level is equal to 0 and less than 1%. As a result, there is a significant relationship between these two variables to the probability of 99%. Since the correlation value is equal to (0.7970) and it is positive, represents direct and positive relationship between these

two variables, so that the social security feeling will improve through social integration. As a result, hypothesis 1 is confirmed and the null hypothesis is rejected.

*The second hypothesis:* there is a significant positive relationship between social acceptance and social security feeling.

H1: social acceptance affects the societal security feeling.

H0: social acceptance does not affect the social security feeling.

**Table 2: Pearson correlation test to examine the relationship between social acceptance and the societal security feeling.**

Pearson correlation		Social acceptance	Social security feeling
Social acceptance	Pearson correlation	1	.623**
	Significance level		.000
	number	150	150
Social security feeling	Pearson correlation	.623**	1
	Significance level	.000	
	number	150	150

Pearson test was used to examine the relationship between social acceptance and the societal security feeling. Since the significant level is equal to 0 and less than 1%. As a result, there is a significant relationship between these two variables to the probability of 99%. Since the correlation value is equal to (0.622) and it is positive, represents direct and positive relationship between these two variables, so that the social security feeling will improve through social acceptance. As a result, hypothesis 2 is confirmed and the null hypothesis is rejected.

*The third hypothesis:* there is a significant positive relationship between social participation and social security feeling

H1: social participation affects the societal security feeling.

H0: social participation does not affect the social security feeling.

**Table 3: Pearson correlation test to examine the relationship between social participation and the societal security feeling.**

Pearson correlation		Social participation	Social security feeling
Social participation	Pearson correlation	1	.654**
	Significance level		.000
	number	150	150
Social security feeling	Pearson correlation	.654**	1
	Significance level	.000	
	number	150	150

Pearson test was used to examine the relationship between social participation and the societal security feeling. Since the significant level is equal to 0 and less than 1%. As a result, there is a significant relationship between these two variables to the probability of 99%. Since the correlation value is equal to (0.654) and it is positive, represents direct and positive relationship between these two variables, so that the social security feeling will improve through social participation. As a result, the hypothesis 3 is confirmed and the null hypothesis is rejected.

*The fourth hypothesis:* there is a significant positive relationship between social prosperity and social security feeling

H1: social prosperity affects the societal security feeling.

H0: social prosperity does not affect the social security feeling.



**Table 4: Pearson correlation test to examine the relationship between social prosperity and the societal security feeling.**

Pearson correlation		Social prosperity	Social security feeling
Social prosperity	Pearson correlation	1	.725**
	Significance level		.000
	number	150	150
Social security feeling	Pearson correlation	.725**	1
	Significance level	.000	
	number	150	150

Pearson test was used to examine the relationship between social prosperity and the societal security feeling. Since the significant level is equal to 0 and less than 1%. As a result, there is a significant relationship between these two variables to the probability of 99%. Since the correlation value is equal to (0.725) and it is positive, represents direct and positive relationship between these two variables, so that the social security feeling will improve through social prosperity. As a result, the fourth hypothesis is confirmed and the null hypothesis is rejected.

*The fifth hypothesis:* there is a significant positive relationship between social cohesion and social security feeling

H1: social cohesion affects the societal security feeling.

H0: social cohesion does not affect the social security feeling.

**Table 5: Pearson correlation test to examine the relationship between social cohesion and the societal security feeling.**

Pearson correlation		Social cohesion	Social security feeling
Social cohesion	Pearson correlation	1.000	.769**
	Significance level	.	.000
	number	150	150
Social security feeling	Pearson correlation	0.769**	1.000
	Significance level	.000	.
	number	150	150

Pearson test was used to examine the relationship between social cohesion and the societal security feeling. Since the significant level is equal to 0 and less than 1%. As a result, there is a significant relationship between these two variables to the probability of 99%. Since the correlation value is equal to (0.769) and it is positive, represents direct and positive relationship between these two variables, so that the social security feeling will improve through social cohesion. As a result, the fifth hypothesis is confirmed and the null hypothesis is rejected.

### Conclusion and Recommendations

The results of the study showed that there is a significant positive relationship between five aspects of social health - social integration, social acceptance, social participation, social prosperity, social cohesion- and social security feeling. Considering the importance of public health in society, we should be searching for ways to increase that. To improve public health in society, the following suggestions are offered according to the obtained results:

Cultural programming, direct and indirect teaching by governmental agencies and NGOs to institutionalize collective spirit and strengthening social cohesion in the society, especially among the younger generation, social and cultural policies in the area of strengthening enduring partnerships between young people and governmental and non-governmental agencies, encouraging

people to join the popular organizations because these organizations have an important role in enhancing social health. These organizations can also play an important role in the development cooperation between community members. If this potential investments are used properly, they can become an arm for the government in guiding society towards health and well-being. In fact, one of the solutions agreed on by social scientists is to achieve the prevention goals, as well as the emergence of social movements, which can be done with the participation of neighborhood and causes an increase in social belonging. According to this approach, we have to invest in the sense of belonging and social participation.

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